



WESLEYAN
CHRISTIAN ACADEMY

The Early Education Center at Wesleyan Christian Academy
Weekly Menu



September 9 - 13th, 2019

	9th	10th	11th	12th	13th
	Monday	Tuesday	Wednesday	Thursday	Friday
*Refer to Substitution List **Toddler Substitutions SNACK BREAKFAST (Child Care) Toddler - 6th Grade	100% Juice Waffle Sticks Milk **Toast	100% Fruit Juice Biscuit Milk ** Toast	100% Fruit Juice Rice Krispies Milk **Toast	100% Fruit Juice Corn Muffin Milk **Toast	100% Fruit Juice Blueberry Muffin Milk **Toast
AFTERNOON SNACK (Child Care) Toddler - 6th Grade	Cheerios (WG) Milk	Goldfish Raisins	Cheddar Cheese Stick Crackers	Cheezits (WG) Milk	Sunbutter Graham Crackers
LUNCH Toddler - Tiny Twos Vegetarian Entrée	Turkey Corn Dog Green Peas Mandarin Oranges Milk Teriyaki "Chicken" and Rice	Hamburger Bun (WG) Roasted Cauliflower Mixed Fruit Milk Veggie Burger	Chicken Nuggets Brown Rice (WG) Carrots Pineapple Milk Crispy "Chicken" Tenders	Turkey Meatloaf Roll Corn Applesauce Milk Meatless Meatballs	Cheesy Chicken Brown Rice(WG) Lima Beans Peaches Milk Roasted "Chicken"
LUNCH (Plate Lunch) 2 - 4 yr. Olds and Staff Whole Grain (WG)	Turkey Corn Dog Green Peas Mandarin Oranges Milk	Hamburger Bun (WG) Roasted Cauliflower Mixed Fruit Milk	Chicken Nuggets Brown Rice (WG) Carrots Pineapple Milk	Turkey Meatloaf Roll Corn Applesauce Milk	Cheesy Chicken Brown Rice(WG) Lima Beans Peaches Milk

Week 4 - Fluid Milk: 1 year old: Unflavored whole milk; 2-5 years old: unflavored skim (fat free) or unflavored 1% (low fat) milk; 6 years and older: unflavored skim (fat-free) or 1% (low fat) milk; flavored skim (fat free) milk. Breastmilk may be served at any age in replacement of cow's milk without medical documentation. Approved non-dairy beverages may be served to children with special dietary needs with approved medical documentation. Parents are able to provide soy milk.